



Healthy Living Schedule

Spring / April 28th - June 21st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30AM Total Body Challenge w/Meagan	5:30-6:30AM Aqua Fitness Pool	5:30-6:30AM Total Body Challenge w/Meagan	5:30-6:30AM Aqua Fitness Pool	5:30-6:30AM Total Body Challenge w/Meagan	
8:00-8:45AM Aerobics for All Tagliabue	8:00-8:45AM Cycle Snider w/Lolly	8:00-8:45AM Aerobics for All Tagliabue	8:00-8:45AM Cycle Snider w/Caroline	8:00-8:45AM Aerobics for All Tagliabue	
8:00-8:45AM Aqua Aerobics Pool	8:00-8:45 AM Aqua Fit Pool (4/29-6/3) \$FEE	8:00-8:45 AM Aqua Aerobics Pool	8:00-8:45 AM Aqua Fit Pool (5/1-6/5) \$FEE	8:00-8:45 AM Aqua Aerobics Pool	8:15-9:00AM Cycle Snider w/Abby
8:00-9:00AM Zumba Studio w/ Sarah			8:00-9:00AM Zumba Tagliabue w/Sarah		8:30-9:30AM Zumba Tagliabue w/ Sarah
8:00-8:45AM Cycle Snider w/ Lauren	9:00-10:15AM Pilates / Yoga Stretch Studio w/Lori		9:00-10:15AM Pilates / Yoga Stretch Studio w/Lori		8:30-9:15AM Learn to Lift I w/Lauren (5/3-6/7) \$FEE
8:50-9:30 AM Aqua Stretch & Balance Pool w/Lolly (4/28-6/2) \$FEE	9:30-10:15AM Enhance Fitness Tagliabue w/Lolly	8:50-9:30 AM Aqua Stretch & Balance Pool w/Lolly (4/30-6/4) \$FEE	9:30-10:15AM Enhance Fitness Tagliabue w/Lolly	9:15-10:30AM Yoga Tagliabue w/Karen	9:30-10:15AM Strength & Stretch Studio w/Abby
9:15-10:30AM Yoga Tagliabue w/Romee		9:15-10:30AM Yoga Tagliabue w/Romee		9:30-10:15AM Sit and Stretch Studio w/Lolly	
PM CLASSES					
3:45-4:45PM Zumba Tagliabue w/ Julie	3:45-4:30PM HIIT Bootcamp Tagliabue w/ Alaina		3:45-4:30PM HIIT Bootcamp Tagliabue w/ Caroline		
			5:00-5:45PM Pilates & Mobility Studio w/ Amber		
5:15-6:00PM Aqua Bootcamp Pool w/Erin & David (4/28-6/2) \$FEE			5:15-6:00PM Aqua Bootcamp Pool w/Erin & David (5/1-6/5) \$FEE		
5:15-6:00PM Absolute Strength Tagliabue w/ Alaina	5:30:7:00PM Spring Tri Training w/ Lauren & David (4/29-6/3) \$FEE	5:15-6:00PM Cycle Snider w/ Abby			
Room Key					
POOL	FEE BASED	Tagliabue Studio (Upstairs)	Snider Spin Studio	Downstairs Studio	
Facility Hours: Monday-Thursday 5:30am-8:00pm Friday 5:30am-7:00pm Saturday 7:00am-5:00pm					